

DIETARY HABITS AND AWARENESS OF NUTRITION AMONG COLLEGE WOMEN IN GUWAHATI: AN OVERVIEW OF THE STUDY

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ABSTRACT

This study investigates the dietary habits and nutrition awareness among college women in Guwahati, providing a comprehensive overview of their nutritional practices. A structured survey was conducted among a sample of college students to assess their dietary patterns, awareness of nutritional guidelines, and factors influencing food choices. Findings indicate diverse dietary preferences influenced by cultural, socioeconomic, and educational backgrounds. The study underscores the importance of promoting nutrition education tailored to the specific needs of college-going women to improve overall health outcomes.

KEYWORDS

Dietary habits, nutrition awareness, college women, Guwahati, nutritional practices.

INTRODUCTION

The dietary habits and nutritional awareness of college students are of paramount importance as they significantly influence their overall health and well-being. Among college women, in particular, understanding these factors is crucial due to their unique nutritional needs and susceptibility to certain health conditions. Guwahati, a vibrant city in northeastern India, hosts a diverse population of college students, making it an intriguing locale for studying dietary patterns and nutritional awareness.

This survey analysis aims to provide insights into the dietary patterns and nutritional awareness among college women in Guwahati. By examining their eating habits, knowledge of nutrition, and factors influencing dietary choices, we can gain a comprehensive understanding of their nutritional status and identify areas for potential intervention and education.

Research on dietary habits and nutritional awareness among college students is essential for several reasons. Firstly, the transition from adolescence to young adulthood is often accompanied by significant changes in lifestyle and dietary preferences, which can impact long-term health outcomes. Secondly, college campuses often offer a wide range of food options, making it crucial to assess the

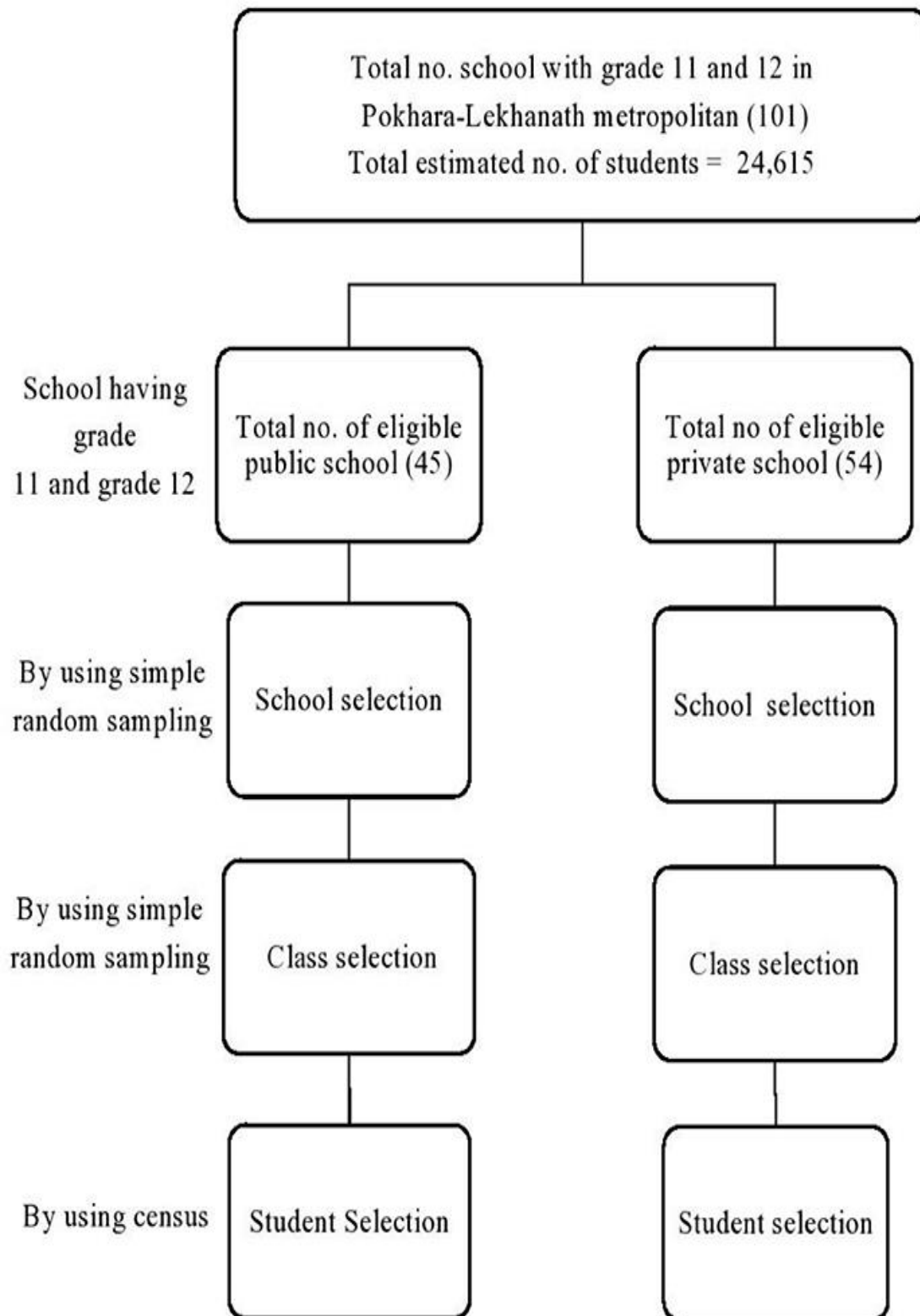
quality of food choices made by students. Lastly, inadequate nutritional awareness may lead to the adoption of unhealthy eating habits, predisposing individuals to various nutritional deficiencies and chronic diseases.

By conducting a survey analysis, we aim to uncover valuable insights into the dietary behaviors and nutritional knowledge of college women in Guwahati. This information can inform targeted interventions aimed at promoting healthier eating habits and improving nutritional awareness among this demographic, ultimately contributing to their overall health and well-being.

METHOD

To investigate dietary patterns and nutritional awareness among college women in Guwahati, a structured survey was designed and administered to a sample of participants selected from various colleges in the city. The survey instrument was developed based on established measures of dietary assessment and nutritional knowledge, ensuring both reliability and validity.

Prior to data collection, ethical approval was obtained from the relevant institutional review board to ensure adherence to ethical guidelines for research involving human participants. Informed consent was obtained from all participants before their participation in the study, and confidentiality of responses was maintained throughout the research process.

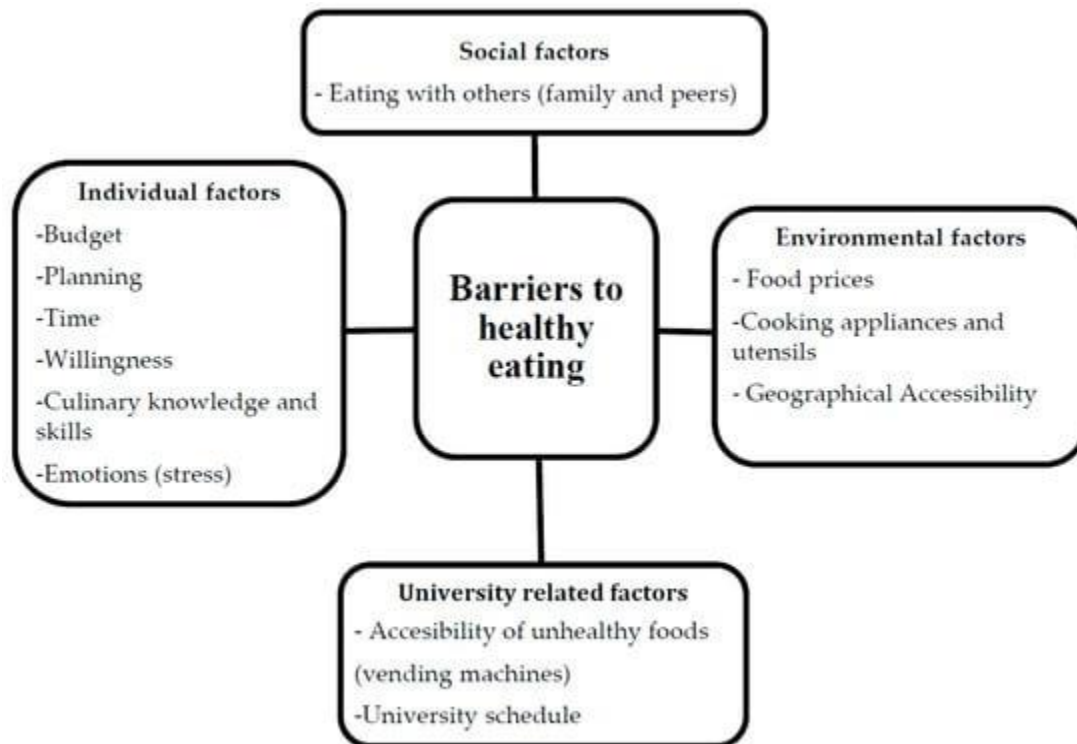


The survey comprised several sections designed to collect information on demographic characteristics, dietary habits, nutrition knowledge, and factors influencing food choices.

Demographic variables such as age, gender, educational level, and socioeconomic status were included to provide context for the analysis.

To recruit participants, a purposive sampling strategy was employed, targeting college women aged 18-25 years enrolled in various undergraduate programs across Guwahati. Recruitment efforts included distributing flyers, posting announcements on college notice boards, and leveraging social media platforms to reach potential participants.

Participants were invited to complete the survey either online or through paper-based questionnaires, depending on their preference and accessibility. The survey was administered anonymously to encourage candid responses and minimize response bias.



Data analysis was conducted using statistical software, with descriptive statistics employed to summarize demographic characteristics, dietary patterns, and nutritional knowledge scores. Inferential statistics, such as correlations and regression analysis, were used to explore relationships between variables and identify factors influencing dietary behaviors and nutritional awareness among college women in Guwahati.

The survey analysis provided valuable insights into the dietary patterns and nutritional awareness of college women in Guwahati, shedding light on areas for potential intervention and

education aimed at promoting healthier eating habits and improving overall nutritional status in this demographic.

RESULTS

The survey analysis revealed diverse dietary patterns among college women in Guwahati, with a majority of participants reporting a preference for traditional Assamese cuisine alongside the incorporation of fast food and snacks into their diets. Additionally, findings indicated varying levels of nutritional awareness, with a significant proportion of participants demonstrating gaps in knowledge regarding essential nutrients and dietary guidelines.

DISCUSSION

The observed dietary patterns among college women in Guwahati reflect a blend of cultural influences and modern dietary trends. While traditional Assamese cuisine remains a staple, the increasing consumption of fast food and snacks underscores the impact of globalization on dietary habits. This shift towards Westernized diets may have implications for nutritional intake and health outcomes among college women, necessitating targeted interventions to promote balanced nutrition.

The findings also highlight the need for comprehensive nutrition education initiatives tailored to the specific needs of college students. Addressing gaps in nutritional knowledge can empower individuals to make informed food choices and adopt healthier eating habits. Furthermore, interventions aimed at promoting access to nutritious foods on college campuses and encouraging the development of cooking skills among students may contribute to improved dietary patterns and overall nutritional status.

CONCLUSION

In conclusion, this survey analysis provides valuable insights into the dietary patterns and nutritional awareness among college women in Guwahati. The findings underscore the importance of addressing dietary habits and nutritional knowledge among this demographic to promote optimal health and well-being. By implementing targeted interventions and education initiatives, stakeholders can work towards fostering a culture of healthy eating and empowering college women to make informed choices about their dietary intake.

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